



Fleet and Industrial Supply Center - Norfolk, Virginia

Supply Chest

July 8, 2005

Ready - Resourceful - Responsive!

Vol. 56 No. 12

Robert Jack, first NSC/FISC Norfolk Executive Director



Robert D. Jack Jr.

Robert D. Jack Jr., NSC Norfolk/FISC Norfolk's first Executive Director, passed away on June 28 at his home. He was a native of Harrisburg, Pa., where he attended school and received his B.S. degree in psychology and completed course work at the master's level in public administration at Temple University in Philadelphia. He was the son of the late Robert D. Jack and Alberta Jack-Scott.

He spent more than 35 years in supervisory and managerial services in federal civilian service. He retired from federal service as executive director of the Naval Supply Center/Fleet and Industrial Supply Center in Norfolk. He was the first executive director of FISC and the first Senior Executive Service (SES) employee in the Norfolk area. He was also honored with the naming of the "Robert D. Jack Jr. Conference Room" in Building W-143 at FISC Norfolk.

Mr. Jack enjoyed photography, music, fishing with his buddies and the Metro Anglers. He was a member of the 200 Plus Black Men Inc., Omega Psi Phi Fraternity, Urban League of Hampton Roads and many other local organizations.

He is survived by his loving wife of 40 years, Esther Hart Jack; three sisters, Barbara Freeland of Harrisburg, Pa., Gloria Jack and Sheila Jack, both of Atlanta, Ga.; three brothers, Larry Jack of Hershey, Pa., Wayne Jack of Atlanta, Ga., and Michael Jack of Philadelphia, Pa.; stepfather, Mervin Scott of Harrisburg; mother-in-law, Mamie Baker Hart; sister-in-law, Yvonne Hart Vines; brother-in-law, Ray Hart (Frances), all of Rocky Mount, N.C.; as well as a host of nieces, nephews, cousins and friends.

His funeral was held at Grace Episcopal Church in Norfolk. Interment was at the Garden of Gethsemane, Rocky Mount, N.C.

Gate 5 closure could mean traffic headaches

Naval Station Norfolk's Gate 5 closed on July 6 for renovations and security upgrades, which has changed the way many motorists must enter the Naval Station.

One of the most significant changes is during the closure, there will be no access to Gates 1 and 2 directly from Hampton Boulevard at any time.

This restriction will be implemented to minimize the number of traffic movements at the Hampton Boulevard and Admiral Taussig Boulevard intersection, thus minimizing queuing distance exiting Naval Station Norfolk, especially during lunch and afternoon rush hour. Traffic from Hampton Boulevard desiring to enter into Gates 1 and 2 will be detoured to Admiral Taussig Boulevard via Seabee Road. Traffic from Hampton Boulevard can also enter into Gate 6, or proceed to gate 3/3A via Taussig Boulevard. Gates 3A and 6 will both be open 24 hours a day, 7 days a week. Additionally between 5 and 8 a.m.,



Naval Station Norfolk's Gate 5 closed on July 06 and will remain closed through October 05, 2005 to enable major renovations. This will result in three significant changes during the closure period.

continued on page 6

From the Commanding Officer ...

On Friday, July 1, the Base Realignment and Closure (BRAC) Commission posted a letter to Secretary of Defense Donald Rumsfeld on the www.brac.gov Web site, which lists installations that they **may** add to the list of closure/realignment recommendations made by DoD. You can read the letter at www.brac.gov/docs/Principi-Rumsfeld.pdf.

The Naval facilities addressed in this letter include: Marine Corps Recruit Depot San Diego, Calif.; Naval Shipyard Pearl Harbor, Hawaii; Naval Air Station Brunswick, Maine; Navy Broadway Complex, San Diego, Calif.; Realignment of Naval Air Station Oceana, Va.; Consolidation of the Post-Graduate School; and Joint Medical Headquarters.

It is important to remember, these installations have **not** been added to the official list of BRAC recommendations at this point.

On July 19, the BRAC Commission will hold a public hearing. If, at this meeting, seven or more of the Commissioners support adding an installation for consideration to the DoD list of recommendations, at least two Commissioners will visit each installation added to the DoD list and public hearings will be conducted regarding them.

No final decisions or recommendations will result until the BRAC Commission holds its final hearings/vote in late August on each of the recommendations and forwards its report to the President on Sept. 8.

Questions concerning the Commission's letter to the SECDEF, or general questions related to BRAC 2005, may be sent to the COMFISCS PAO at nannette.davis@navy.mail or NAVSUPBRAC@navy.mil. You may also view and anonymously post questions and comments to the BRAC Information Board on the COMFISCS home page of MyNAVSUP at www.navy.mil.



DDNV Change of Command Transportation

Transportation for DDNV's change of command on July 19 will be furnished for DDNV employees and other tenant commands of W-143 and W-135. Two buses will start running at 7:30 a.m. and make trips to the North Carolina House until 8:30 a.m.

Return trips to W-143 will start at 10:30 a.m. and run until 12 noon. There is a limited amount of handicapped parking, but there is no regular parking available and employees attending must use the bus.

Supply Chest

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This appropriated funds newspaper is an authorized publication for military and civilian personnel of the Fleet and Industrial Supply Center (FISC), Norfolk, and the Defense Distribution Depot (DDNV), Norfolk. It is published by the FISC Public Affairs Office, located in building W-143, Naval Station Norfolk. Contents of the Supply Chest are not necessarily the official view of, or endorsement by, the US Navy. The Supply Chest is a bi-weekly publication published in compliance with the provisions of NAVSO P-35. It is a member of the American Forces Press Service and is available on line at www.nor.fisc.navy.mil. Material may be reprinted if proper credit is given. Submit material to the FISC Public Affairs Office, Code 01, or call (757) 443-1014 DSN 646-1014; FAX (757) 443-1015. All material is subject to editing.

FISC Norfolk holds quarterly Supply Officer Conference

FISC Norfolk Executive Officer Capt. Robert Carter speaks to attendees at the recent quarterly Supply Officers Conference, held at Building LF-18. The conferences offer an opportunity for fleet customers to meet face-to-face with those who support their logistics needs. All type commanders are represented, along with DDNV and the various components of FISC Norfolk who support the fleet. The conferences also provide a one-on-one forum for attendees to network with each other and share experiences.



FISC Norfolk ATAC Hub holds Customer Appreciation Day



Juanita James (left) looks on as two Sailors dress their hot dogs. The ATAC Hub recently held a customer appreciation day during the lunch hour. They provided free hot dogs, chips and drinks for customers visiting Building SP-237. The ATAC system was developed because depot level repairables (DLRs) represent a significant investment in inventory for each day in the repair cycle. Therefore, accountability and control of DLRs is essential from point of failure to the repair point. The Navy's overall investment in spare parts can be reduced, fleet operational readiness enhanced, and repair work can be better scheduled.

Lunch

Learn

Fleet & Industrial Supply Center
Norfolk

11:30 - 12:30
July 28, 2005

FISCN Workforce
Development
and Training Team

Hampton Room

Breast Cancer Awareness

(The Struggle that Knows
No Boundaries)



Early Detection of Breast Cancer Enhances the Chances for Survival.

From the Fleet ... Liberty and guns don't mix

By *FLTCM(AW/SW) Jon R. Thompson*

Did you ever hear the phrase, "Nothing good can come from this?" In most cases, this phrase is used as a prediction about things to come. In life, you don't always need a crystal ball to predict the future. Many things are predictable. Some things, when combined, create a formula for disaster.

I'd like to share with you something I read in message traffic lately that concerned me a great deal. I see every SITREP and OPREP in the fleet and when I see one like what I'm about to share, I can't help but wonder what the Sailors were thinking:

"(Ship) Received call from Norfolk police regarding incident involving E-3, E-4 and E-3 possession of concealed weapons. Sailors were pulled over (location). Sailor 1 (E-3) was found with registered 9mm, issued citation, and was returned to the ship. Sailor 2 (E-4) was found with concealed weapon (second offense), taken into custody. Sailor 3 (E-3) was found with two concealed weapons (two offenses), one with removed serial number, was taken into custody."

If the place you intend to go on liberty is so dangerous that you feel the need to carry a gun, my advice would be to find different places to go.

Unless you're hunting, your guns need to be left at home. When I say "home" that means off any military base. Federal rules restrict you from bringing a weapon onto any base.

I can see no good reason why a Sailor would need a weapon while on liberty. At best, you get arrested like the above Sailors. At worst, you end up involved in a situation where you may actually use the gun(s) and either get shot or shoot someone else. Neither are acceptable outcomes.

So there you have it, combine liberty and a gun and you have a formula for disaster. Now, before you think I'm guilty of not supporting the right to bear arms, let me clarify my position. I'm not trying to argue a constitutional right. However, as a Fleet Master Chief, I'm in a position where I have an obligation to provide advice about how to conduct oneself on liberty, whether in the U.S. or overseas. At no time in my career have I seen a case where a Sailor packing a concealed weapon came out on the better side of the law. Whether you have a permit for a concealed weapon or not, guns and liberty do not mix. As I said earlier, nothing good can come from doing so.

Everywhere I go you tell me you desire to be treated like adults and that leadership should trust you. This is especially true of our most junior Sailors. I agree. I agree that you should be treated as adults. I agree that the default action should be to trust you. The only time I ever start doubting that logic is when I read things like this report. Trust goes both ways.

If every Sailor went on liberty and conducted him or herself in a manner that brought credit upon our Navy, I would have nothing to worry about. Unfortunately, some of your shipmates occasionally erode that trust and confidence. The 'cause and effect' of this is that we leaders sometimes need to be more vocal about what's right and wrong, even if it means overstating the obvious. Granted, when you say it out loud, it almost sounds silly to have to say don't carry a gun on liberty. Is it really necessary? Unfortunately, I believe it is.

Why do I care so much? Here's the deal: If a Sailor is willing to disobey the law, what else is this Sailor willing to disobey? What Navy regulations or orders is he or she willing to ignore or disregard?

Life is about choices. In the Navy, leadership is tasked with



ensuring every Sailor is armed with the necessary information to make sound choices, both at work and at home. Whether you make those sound choices is completely up to you; that's the treating you like an adult part. But choices have consequences, for you and for others.

Life is full of rules and regulations. When you serve in the Navy, you enter into an agreement with the Navy that basically says you agree to conduct yourself in a manner that will continue to uphold our longstanding reputation as a service of professionals. No one said living up to that agreement would be easy. I think, depending on your upbringing, some of you may find this easier than others.

In my experience, peer pressure can be difficult to manage. Depending on who your friends are, and who influences your decisions, you may want to ask yourself some tough questions: What are their motives? Are they encouraging you to success or failure? Do they care about you and your career? Do they care about themselves and their career? Do they share your values and your goals? If you're coming up with blanks (or bad answers) on these questions, I would suggest you rethink whom you hang around with. Finding new friends isn't always easy, but following old friends down the wrong path can lead to problems that are extremely difficult to fix.

Shipmates, we need to do everything we can to keep each other safe, on and off duty. It's bad enough one Sailor might choose to do something that could harm someone. It's twice as bad if that Sailor makes that choice, and then convinces one or more other Sailors to do the same. We all need to realize we hold the key to our success. Sometimes saying no is a very good thing, even if it means parting company with a former friend. The choice is yours, and I'm expecting each and every one of you makes the right choice.

Gate 5 from page 1

northbound traffic on Hampton Boulevard will no longer cross over to the opposite side of the road prior to entering into Gate 6.

Traffic on Seabee Road will be one-way in the northbound direction beginning at the truck inspection station, between 5 and 8 a.m. on weekdays. Truck traffic will only be authorized to enter Gate 6 from 5 to 8 a.m. on weekdays, and Gate 3A all other times.

There will be no access to Seabee Road southbound from Mall Drive, therefore access to the Pass & ID Office and truck inspection station will only be available from Hampton Boulevard. During all other times, to include weekends and holidays, Seabee Road will revert back to two-way traffic with one lane in each direction.

From 5 to 8 a.m. on weekdays, trucks will only be allowed to enter Naval Station Norfolk through Gate 6. During all other times, trucks will only be allowed to enter from Gate 3A. All trucks are still required to first stop at the truck inspection station across from Gate 5 prior to proceeding onto Naval station Norfolk. To the maximum extent practical, cognizant scheduling authorities should minimize truck deliveries between the hours of 5 and 8 a.m. and spread out arrival times throughout the day to prevent back-ups at the truck inspection station.

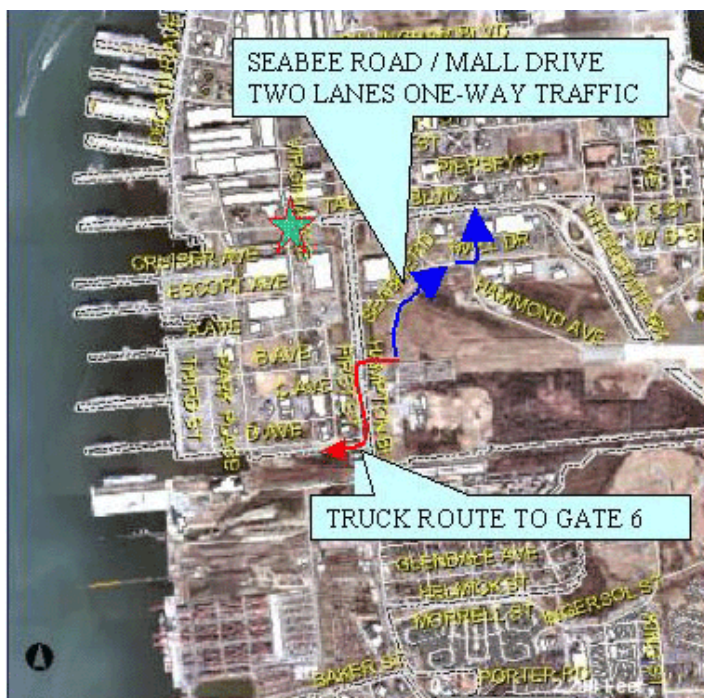
All personnel are requested to minimize the number of trips through Gates 1 and 2 from 1100 to 1600 as traffic modeling suggests the potential for significant back ups at the intersection of Hampton and Taussig Boulevards. Traffic mitigation methods such as carpooling, riding the bus, flexible work hours, or use of alternate gates are highly encouraged.

For more information on gate openings and traffic patterns, visit the Naval Station Norfolk Web site at www.navstanorva.navy.mil/news.htm.

Welcome Aboard



Welcome aboard to Lt. Cmdr. Thomas Neville, Code 200B, Industrial Business Manager. He recently reported to FISC Norfolk after completing his Masters in Business Administration at the College of William and Mary. He will be working on streamlining contracting initiatives at our shipyards, as well as working directly with our fleet customers in an effort to better serve their needs within the contracting world. He is a 1995 graduate of the U.S. Naval Academy. Previous duty stations include Commissioning Supply Officer aboard USS Mason (DDG 87); Business Financial Manager and Naval Acquisition Contracting Officer (NACO) on the V-22 Osprey, NAVAIR Headquarters, Patuxent River, MD; and Disbursing Officer and Sales Officer aboard USS Russell (DDG 59). He is also level II DAWIA certified in contracting and financial management. He and his wife live in Williamsburg with their six children Tommy(9), Trey(7), Trent(5), Tyler(4), Taylor(3) and Todd(1).



The above map shows the new morning rush-hour inbound route to Naval Station Norfolk from Hampton Blvd. while Gate 5 is renovated.



FISC Fitness Forum ... Tips for your after-workout workout

By SK2 Lorenzo Hill, FISC San Diego

Sometimes it seems the best part of exercising is when it's over. Many people are so busy they just want to hit the shower and get back to the real world, resulting in a bypass of the post-workout period. But that's the prime time to nudge your muscles toward repair and refuel your sweaty body. Devote as little as 10 minutes to an after-workout workout and you'll maximize your fitness investment. Here's how, step-by-step.

1. Cool down the cardio. This should be a no-brainer, but too many of us skip it. Don't simply skid to a halt when your workout ends; take another five minutes for an ultra-easy run, relaxed swim or slower walk. The simplest, most effective cool-down is to keep doing the same conditioning activity but at a much lower intensity. If you end a workout abruptly, blood will pool in your extremities, leading to light-headedness and dizziness.

2. Stretch it out. Research shows that it's far more productive to stretch after exercising than before. You'll get the greatest range of motion, because your muscles are warm and supple. Focus on the area you just pushed the hardest (legs for runners, upper body for swimmers) and hold each stretch for 30 seconds.

No time to spare? Cover several muscles—hamstrings, hip extensors, inner and outer thighs and lower back—with a single move such as the modified hurdler. Sit on the floor with your left leg extended in front of you, right leg bent with the foot flat against the inside of your leg at knee level (so your legs form a 4). Reach your left arm toward your left foot and hold; repeat with your right leg extended. Do the move with your toes of that extended leg pointed out, then in, to stretch the lower legs as well.

3. Drink to your health. It's important to replenish every ounce of fluid you've perspired away. If you remain dehydrated, you'll feel sluggish, fatigued, cranky and headachy or nauseated all day. To figure out how much you need, weigh yourself before and after your workout and for every pound of weight you've lost, drink 16 ounces of fluid. But keep in mind that water, even enhanced with vitamins, is not ideal. Sports drinks are best, because the sodium helps you absorb the water and



SK2 Lorenzo Hill stretches prior to a workout session. He is a world-class athlete who competed in the America's Cup Tour Bobsled Races in Lake Placid, N.Y., last winter.

the electrolytes make you less prone to muscle aches. The small amount of carbohydrates in these beverages raises blood-sugar levels, which decrease during exercise. So what is your next best option? Juice. Pineapple is great because it's absorbed into the bloodstream quickly, so blood sugar responds faster. Orange and cranberry are also good options. You can dilute juice with water to avoid gastrointestinal upset and keep calories in check.

4. Eat as soon as possible. Exercise burns calories and suppresses appetite but you should eat anyway. Right after a workout, a muscle cell is like a sponge. You have a 30-minute window in which carbohydrates are best absorbed and used most efficiently. Properly fed muscles recover better, preventing soreness and your still-revved up metabolism burns those calories faster than it will later. Also, if you put off eating, you might end up lightheaded and fatigued because your blood sugar has crashed.

5. Fill up on the right fuels. The ideal post-workout snack has a 4:1 ratio of carbohydrates to protein. Some of the favorite choices include yogurt with sliced bananas, a fruit smoothie, a meal-replacement shake, cereal and milk, a rice cake thinly spread with peanut butter and honey, a turkey sandwich on whole wheat or trail

mix. After sweating, food is better than supplements to get your nutrients. One exception: vitamin E, which few edibles contain (the best source is wheat germ). Recent research reveals that this antioxidant reduces muscle damage from heavy exercise. Take vitamin E every other day with your after-workout munchies.

6. Soothe the soreness. A massage feels fantastic, but it won't affect aching muscles unless you ice them. Fill a paper cup with water and freeze it; rub the icy bulge in circles over the pained area. Swelling calls for RICE: rest, ice, compression and elevation. Apply an ice pack for 15 minutes every couple of hours on the day you're hurt. The next day, after the swelling has subsided, switch to heat. Warmth increases circulation and the blood flow brings nutrients to the injured tissue.

7. Rest and repeat. Exercise is like laundry in that you're done for now, but there will be more tomorrow (or the day after, if you're weight training). How to keep inspired? Look at exercise as a way to increase energy, control stress and get some personal time. It's not just another item on your to-do list but a well-deserved break with multiple paybacks for your body and mind.

Bravo Zulu



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates SHCM(SW) Eduardo Marcial after presenting him with a Navy/Marine Corps Commendation Medal.



FISC Norfolk Executive Officer Capt. Bob Carter congratulates FC2 Dennis Turpin Jr. after presenting him with his second Good Conduct Award.



FISC Norfolk Executive Officer Capt. Bob Carter congratulates SK2(SW) Josue Negron after presenting him with the Navy/Marine Corps Commendation Medal.



Fleet Logistics Department Director Cmdr. Harold Valentine congratulates Johnny Chappell after presenting him with two on-the-spot awards.



FISC Norfolk Executive Officer Capt. Bob Carter congratulates MMC(SW) Darnell Teegarden after presenting him with his Fleet Reserve certificate at his retirement ceremony. Chief Teegarden was also awarded the Navy/Marine Corps Commendation Medal.

Bravo Zulu

